

# 奇異果

一種體積小小，但好處多多的水果

## Kiwifruit

a small fruit with lots of benefits

奇異果含有很豐富的維他命C、鉀和纖維，而它含有很低的脂肪及卡路里，不含膽固醇。現在就讓我們一同看看奇異果的益處。

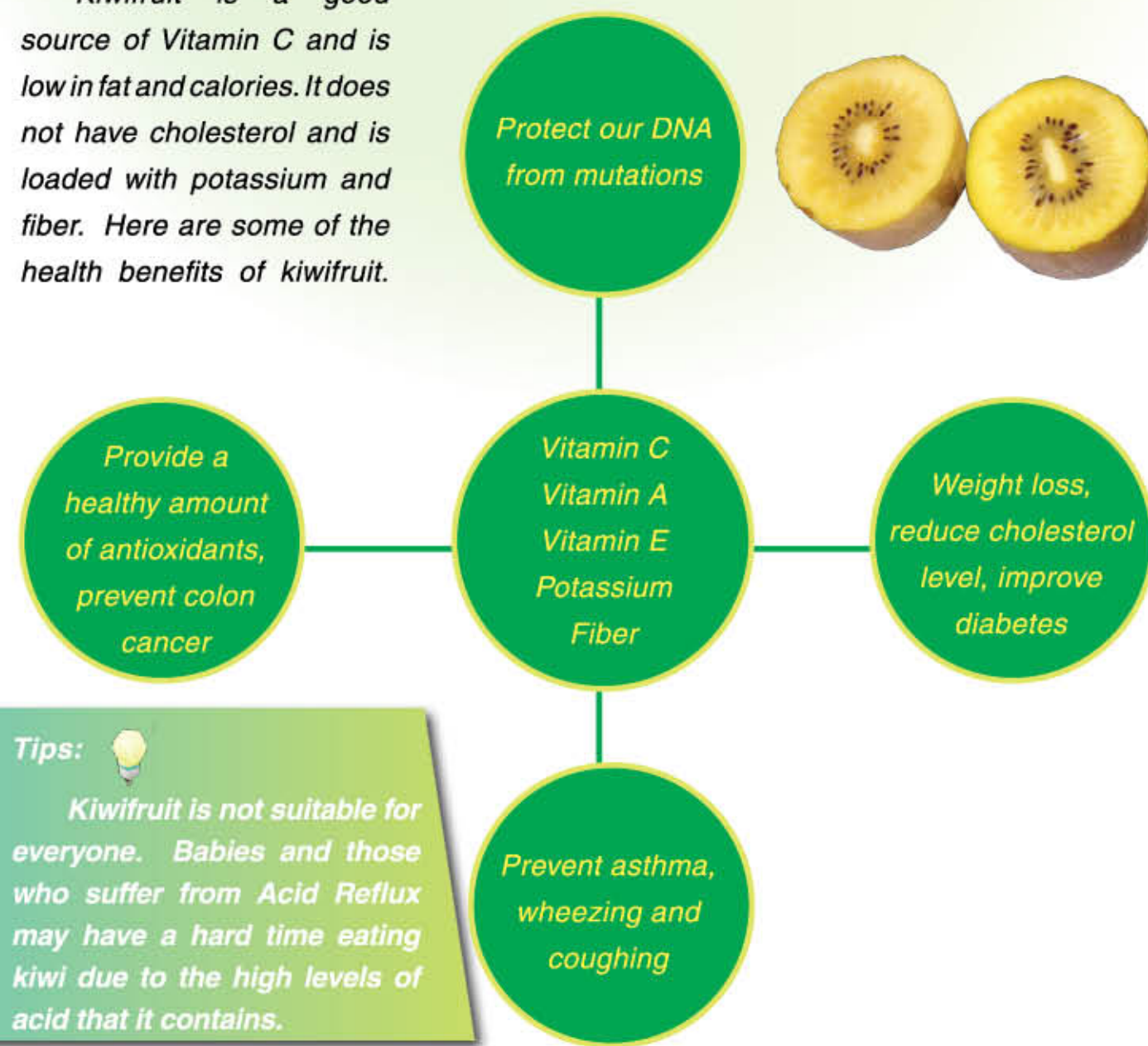


小提示：  
不是所有人士都適合吃奇異果，由於奇異果含有高濃度的酸，嬰兒和患胃酸倒流的人士不適宜吃奇異果。

### 食用奇異果的好主意

1. 奇異果配什果沙拉，味道很好，尤其是芒果、菠蘿及木瓜。
2. 奇異果可放在甜品及任何蛋糕上。
3. 已攪碎的哈密瓜和奇異果可做一個好味道的凍飲，可加乳酪以增加濃度。
4. 奇異果小塊可用來裝飾果撻。

Kiwifruit is a good source of Vitamin C and is low in fat and calories. It does not have cholesterol and is loaded with potassium and fiber. Here are some of the health benefits of kiwifruit.



Tips:  
Kiwifruit is not suitable for everyone. Babies and those who suffer from Acid Reflux may have a hard time eating kiwi due to the high levels of acid that it contains.

### Kiwifruit serving ideas

1. Kiwifruit goes great in fruit salad, especially with mango, pineapple and papaya.
2. Kiwifruit can be put on top of a dessert and any type of cake.
3. Blended cantaloupe and kiwi can make a delicious chilled drink, yogurt can also be added if you need more consistency.
4. Kiwifruit slices can decorate fruit tarts.

## 奇異果汁

奇異甜蜜蜜（有助增強免疫力）

供兩位用（400毫升）

### 材料

奇異果	兩個
青提	兩大串
蘋果	兩個
桃	兩個
蜜瓜	半個

### 製作

1. 除去蜜瓜及奇異果的皮
2. 除去蘋果的核
3. 把所有材料攪拌成汁

### 貼士：怎樣選擇奇異果呢？

必須要感覺奇異果的堅固度。如果奇異果太硬，即代表奇異果還未熟透，這樣的奇異果會很酸的。一個很軟的奇異果代表它的果肉會是糊狀的。千萬不可以選擇一個有很多瘀痕的奇異果。



### Reference 參考資料:

Kiwi-Fruit.info

<http://kiwi-fruit.info>

About.com: Home Cooking

<http://homecooking.about.com>

Happy Juicer

<http://happyjuicer.com>

## Kiwifruit juice

Honey Bunch (good immune system booster)

Serving: Makes 2 glasses (400 ml)

### Ingredients

Kiwifruits	2
Large bunches of green grapes	2
Apples	2
Peaches	2
Half a honeydew melon	

### Directions

1. Remove skin of the melon and peel kiwifruits
2. Remove core from apples
3. Juice all of the ingredients

### Tips: How to Choose Kiwifruit?

Always feel for the firmness. Kiwifruit that is too firm is not yet ready to be eaten. It will be very sour at this point. A kiwifruit that is too soft means that it will be mushy when you cut it. Besides, don't choose a kiwi that has too many bruises on it.